

R381-60-22. REST AND SLEEP.

This section explains the rules regarding children's rest and sleep in a child care program. The section also explains the rules that apply to sleeping equipment used by children in care. This includes sleeping equipment that is used during child care hours by the provider's and caregivers' own children younger than 4 years old.

If sleeping equipment is used for rest and sleep time:

- (1) The provider shall use a separate crib, cot, mat, or other sleeping equipment for each child during nap times.

Rationale/Explanation

Facilities should have an individual crib, cot, sleeping bag, bed, mat, or pad for each child who spends more than four hours a day at the facility. No child should simultaneously share a crib, bed, or bedding with another child. CFOC 4th ed. Standard 5.4.5.1 p.p. 268.

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning

- (2) The provider shall ensure that each crib:

- (a) has a tight-fitting mattress;
- (b) has slats spaced no more than 2-3/8 inches apart;
- (c) has at least 20 inches from the top of the mattress to the top of the crib rail, or at least 12 inches from the top of the mattress to the top of the crib rail if the child using the crib cannot sit up without assistance;
- (d) does not have strings, cords, ropes, or other entanglement hazards on the crib or within reach of the child; and
- (e) has documentation from the manufacturer or retailer stating that the crib was built after June 28, 2011, or that the crib is certified if the crib was manufactured before that date.

Rationale/Explanation

Caregivers/teachers should never use strings to hang any object, such as a mobile, or a toy or a diaper bag, on or near the crib where a child could become caught in it and strangle (2). Infant

monitors and their cords and other electrical cords should never be placed in the crib or sleeping equipment. Crib mattresses should fit snugly and be made specifically for the size crib in which they are placed. Infants should not be placed on an inflatable mattress due to potential of entrapment or suffocation CFOC 4th ed. Standard 5.4.5.1 p.p. 270.

More infants die every year in incidents involving cribs than with any other nursery product. Standards have been developed to define crib safety, and providers should make sure that cribs used in the facility meet these standards to protect children and prevent injuries or death. Significant changes to the ASTM and CPSC standards for cribs took effect as of June 28, 2011. For information about CPSC recommendations visit "[Safe Sleep - Cribs and Infants Products Information Center](#)".

Compliance Guidelines

Tight-fitting mattress

- To determine if a crib has a tight-fitting mattress
 - Move the mattress to one corner of the crib and as close as possible to the head or foot of the crib.
 - If this creates a gap between the mattress and any side of the crib, place a choke tube (or if unavailable, two adult fingers together) vertically at the widest point of each gap. If the tube fits entirely between the crib side and the mattress, the mattress is not tight fitting.
- A firm material such as wood may be added to a crib frame to create a tight-fitting mattress, as long as the material is flush with the top of the mattress.
- It is a rule violation if any item such as a blanket, eggshell mattress, or foam is wedged in between the mattress and the crib frame.
- This rule applies only to cribs, not to bassinets, porta-cribs, or playpens.

Height of crib rail from mattress

- It is out of compliance if:
 - One end of a mattress is propped up making the distance between that end of the mattress and the top of the crib railing less than 20 inches.
 - A hinged crib side is folded down and not in the up position resulting in a measurement that is less than 20 inches from the mattress to the top of the crib side. It is out of compliance even if a caregiver is next to the crib.

Entanglement Hazards

- No strings, cords, ropes, or other entanglement or strangulation hazards must be on or in the crib, or within 36 inches of any part of the crib.
- It is a rule violation if any strings or cords are longer than 8 inches and are in or on the sleeping equipment, or within 36 inches from the surface of the sleeping equipment. This includes pacifier cords, mobiles hanging over a crib, and electrical cords that might be on

furniture or the floor next to the crib.

Manufacturing Date

- To ensure the crib was built after June 28, 2011:
 - Look at the manufacturing date on the crib or the registration form that may have been supplied when the crib was purchased.
 - The manufacturing date can be found usually on the board that holds the mattress or on the lower part of the crib frame.
 - A purchase receipt is not adequate documentation.
 - Confirm that the label or form shows the crib was manufactured on or after June 28, 2011.
- Verify that the crib is not on the [CPSC Recall List](#).
- If a provider believes the crib meets federal standards but does not have a manufacturing date or registration form, the provider may:
 - Contact the manufacturer or retailer and ask for documentation that the crib is in compliance with 16 CFR Part 1219 or 16 CFR Part 1220.
 - Submit the documentation to CCL before using the crib to sleep children in care.

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning

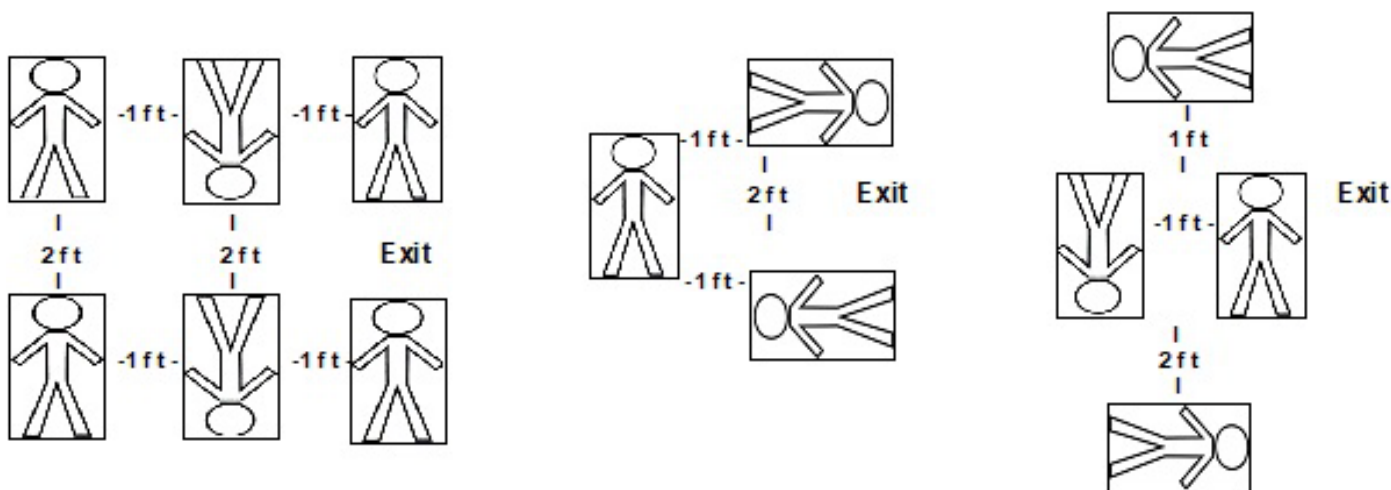
- (3) When in use, the provider shall place sleeping equipment such as cribs, cots, and mats at least two feet apart.**

Rationale/Explanation

If the room used for sleeping cannot accommodate three feet of spacing between children, it is recommended for caregivers/teachers to space children as far as possible from one another and/or alternate children head to feet. CFOC 4th ed. Standard 5.4.5.1 p.p. 269.

Compliance Guidelines

- If there is not enough room to place the sleeping equipment 2 feet apart, some sides of the equipment may be placed one foot apart if:
 - There is at least a 2-foot-wide, clear pathway from each piece of sleeping equipment to the exit, and
 - Children are positioned in a way that maintains at least a 2-foot distance between their faces. This may be accomplished by positioning the children head to toe.
- The following diagrams illustrate a few possible arrangements of sleep equipment.



- Cribs may be spaced end to end if the end of the crib is solid (wood, plexiglass, etc.), so children do not breathe on each other. Porta-cribs may be placed side by side with a barrier between each crib if the ends are the same height as the sides. In this case, 2 feet will not be required between the cribs since the provider has access to the child and the barrier is preventing children from breathing on each other.

Risk Level

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Corrective Action for 1st Instance

Citation Warning

(4) The provider shall ensure that sleeping equipment does not block exits.

Rationale/Explanation

Unobstructed access to exits is essential to prompt evacuation. CFOC 4th ed. Standard 5.1.4.3 p.p. 220.

Compliance Guidelines

- Sleeping equipment may be placed in front of a door or opening to a room, as long as there is at least one other doorway from the room that is not blocked and could be used in an emergency.
- Sleeping equipment may not block exits even when it is low and can be stepped over.
- Sleeping equipment must be far enough away from a door that if the door were to open inward, there would be enough clearance for the door to fully open (or swing 180 degrees).

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning

(5) The provider shall clean and sanitize sleeping equipment before each use.

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning